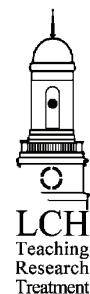


# Larue D. Carter Memorial Hospital

## The Carter Insider



Volume 3, Issue 10

October 2007

### Open Enrollment Is Here!

**Benefits open enrollment for 2008 begins on October 29 and will continue through Monday, November 19, at noon.** During this period, every State employee must indicate their choices for their 2008 benefits by using the PeopleSoft system.

For employees in the Indianapolis area, **three health plans** are being offered. All three are administered by **Anthem**; each plan was offered last year, and the plan designs have not changed. Employees may choose between two high deductible health plans (HDHPs) and a traditional plan. **Insurance rates** are increasing by 8.2% over last year for these plans. To help offset some of the increase, the State is increasing its contribution to premiums by 6%. Also, employees will be given a **1.5% General Salary Adjustment** effective in January 2008. Pay for performance increases will go into effect in April. And em-

ployees who commit to not use tobacco products will receive **\$500 off the deductible** for their health plan.

If you are considering one of the high deductible plans, you should make sure you understand how the plan and the accompanying health savings account work. For more information, go to [www.in.gov/jobs/benefits](http://www.in.gov/jobs/benefits) or call the **State Personnel Department**

**Benefits Hotline at 232-1167.**

The three **dental plans** currently offered are being combined into one plan that will provide increased benefits at no cost to employees. The **current vision insurance and life insurance plans** offered in 2007 will remain the same.

For more information, call Kathy Scott at 4319.

#### Premiums (employee's bi-weekly contribution):

	<u>Single</u>	<u>Family</u>
HDHP I	-0-	-0-
HDHP 2	\$15.97	\$43.58
Traditional II	\$56.13	\$154.37

#### Annual deductibles (with tobacco incentive):

	<u>Single</u>	<u>Family</u>
HDHP I	\$2,000	\$4,500
HDHP 2	\$1,200	\$2,900
Traditional II	-0-	-0-

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### SERC Program Reaches One-Year Mark

You may have seen clients at LCH working in the evening or doing special projects throughout the hospital. These clients are participating in a research project called Supportive Employment for Recovering Clients (SERC).

The SERC program was developed by **Dr. Anantha Shekhar and John Clampitt** to

provide an alternative program to focus on those clients who do not necessarily fit into the hospital-wide educational program but who express interest in improving job performance.

The program's philosophy is that clients with psychiatric disabilities can contribute to society through their vocational strengths when given the op-

portunity.

The SERC program has reached its one-year mark. Fifteen clients have successfully participated in the program; nine of those clients have been discharged and are doing well.

Thanks go to Housekeeping and Security staff who have assisted with resources for clients.

## Take the Heat Off Your Heating Budget



Winter is almost here! If you're worried about the increased energy costs it brings, now is the time to do a few simple things to help save some money.

**Check your attic's insulation.** To tell if your attic has adequate insulation, get out your yardstick. If the insulation under the rafters is six inches thick or less, it's probably time to visit your local home-improvement store to look into installing more insulation. While installing new insulation is not cheap, it can lower heat-

ing (and cooling) costs by 25% in a single year, thereby paying for itself in just a few years.

**Look for leaks.** Hold a candle in front of your windows. If the flame flickers, you have a problem. But you don't necessarily have to replace your old windows with airtight ones. For an easy (and inexpensive) fix, invest in some peel-and-stick weather stripping or a plastic insulation kit.

But windows aren't the only culprits. Cracks, holes, and gaps around pipes, dryer

vents, fixtures, and outlets on the outside of your home can cause heating loss, too. Fill small cracks with silicone or acrylic caulk; fill large spaces with a spray-type latex sealant.

**Inside light switches and electrical outlets** can also lose heat because the spaces behind them are not usually insulated. To solve the problem, just remove the plates, fit insulating gaskets on the back, and replace.

(for more, see page 3)

## Training Opportunities



### CPR

Date: November 13  
Time: 8:00 am to 3:00 pm  
Place: LCH, 5th floor

**Selection & Interviewing**  
(for supervisors only)  
Date: November 8  
Time: 9:00 am to 3:00 pm  
Place: State Conference Center

### New Employee Orientation

Date: November 21  
Time: 8:00 am to 4:00 pm  
Place: LCH, Dewey Room

**Progressive Discipline**  
(for supervisors only)  
Date: November 7  
Time: 9:00 am to noon  
Place: LCH, Boardroom

### Harassment Prevention

Date: November 13  
Time: 1:30 pm to 4:00 pm  
Place: State Conference Center

**Pre-retirement Planning**  
Date: November 15  
Time: 8:30 am to 4:30 pm  
Place: Government Center Auditorium

To register, call Al Jordan, ext. 4340.

## LCH Potpourri



**The employee of the Month for October is Wilimena Scott.** Wilimena is an attendant on 2A, who was recommended by both Bettye Johnson (2A Unit Director) and Diane Schaaf (3A Unit Director). Congratulations!

The **Employee Recognition Committee (ERC)** is sponsoring a **sweet guessing game**. Just guess how many pieces of candy are in the tub in the window of the visitor's room across from the

switchboard office. The first person to contact **Bettye Johnson** (4410) or **Vonda Montgomery** (4202) with the correct guess will win both the candy and the tub.

The **ERC** recognized **Lionel Bey, Dionne Harty, Eric Heeter, Ann Keeley, Tanisha Lewis, and Vicki Thompson** with "Just Because" awards.

**LCH welcomes:** Heather Padilla (attendant).

**We say good-bye to:** Julie Whisman (attendant).

**Happy retirement and best wishes to:** Betty Cardwell (LPN).

**Congratulations go to:** Tonya Lopez (attendant) and Mellody Reed (attendant) on their promotions.

The Cultural Diversity Committee will present **Through Deaf Eyes** for all staff on October 26 at 2 pm in the auditorium. Certificates will be given.

## Who Will Be the Biggest Loser?

The **Health and Wellness Committee** is looking for LCH's "Biggest Loser" by sponsoring a weight-loss contest between staff on **Adult Division A, Adult Division B, Facility Management, and Youth Services**. The sign-up and initial weigh-in took place on October 9-11 with **71 contestants** signing up.

During the contest, educational materials will be placed near the bulletin boards by the north entrance and on the second floor by the Building I elevators.

Prizes will be awarded for the individual and the division that loses the largest percentage of weight.

The Committee hopes that this contest will help inspire staff members to improve their health by promoting healthy lifestyle changes.

If you want to know more about the contest or the educational materials, contact any member of the Health and Wellness Committee. Members include: **Shane Clampitt, Kelly Kessler, DeeDee**

**Mabins, Gloria Munn, Todd Peters, Connie Richardson, and Carolyn Wineinger.**

The final weigh-in will be held once the competition **ends on November 16**. Watch for the dates and times. In the meantime, encourage the contestants to eat healthy foods and exercise to win the prize for their division. And even if you aren't competing, consider eating healthy foods and exercising yourself. This is one time when **it's absolutely OK to be the Biggest Loser!**



## Retirement Medical Accounts

**Are you thinking about retiring in the near future?** If so, you might want to attend one of the upcoming informational sessions on **Retirement Medical Accounts**.

To learn more about this benefit, select from one of the following sessions:

- Thursday, October 25      2 pm, IGC Room 19
- Tuesday, October 30

2 pm, IGC Room 19

- Wednesday, October 31

10 am, IGC Room 19

All sessions will be held at the Indiana Government Conference Center.

This new benefit, which was created during the last legislative session, is designed for employees who retire after June 30, 2007, and are eligible for and have received a normal,

unreduced or disability retirement benefit.

If you have any questions about Retirement Medical Accounts but cannot attend one of the informational sessions, contact the plan administrator, **Key Benefit Administrators** at Flexpro@Keybenefit.com or at 284-7150. Customer service representatives are available from 8 am to 5 pm, Monday through Friday.

**"This new benefit...is designed for employees who retire after June 30, 2007..."**

## Your Heating Budget (continued from page 2)

**You may not be saving money if you use your fireplace** to supplement your heat. Any saving could go up in smoke if you have a leaky fireplace. If you feel a chill when you stand in front of your fireplace when the fire is out, make sure the damper is closed. If it is, and you still feel a draft, outfit your fireplace with glass-front doors—and look into getting your damper replaced.

**Put on a sweater!** Lowering your thermostat by 10% (for instance, from 74 degrees to 68 degrees) for eight hours a day can shave 10% off your heating bill. If you lower the heat while you're not home, you won't even feel the difference. Or you can lower the thermostat while you sleep and just snuggle down under a nice warm comforter.

**Invest in duct tape.** That's right—duct tape! People may

laugh at do-it-yourselfers who use duct tape for everything, but using duct tape can help save hundreds of dollars a year in heating costs. If you tape leaky joints in ducts that run through cooler areas of your home such as the basement, you can keep heated air from escaping. The result? Your heating system doesn't have to work as hard, and you can actually lower your thermostat and feel just as warm.



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- Teaching
- Research
- Treatment

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Katie Johnson, Al Jordan, Kelly  
Kessler, Laurie Lee, Todd Peters,  
Kathy Scott, and Vivian Shank

**October 2007**

**Our Vision**

Our vision is to serve the citizens of Indiana as a center of excellence in mental health.

**Our Mission**

Our mission is to provide specialized treatment, education, and research in the field of mental health.

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**Quote of the Month:**

"Outside of a dog, a book is man's best friend. Inside of a dog, it's too dark to read."

Groucho Marx



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**Trivia:** What is the name of the Titanic's sister ship and what year did it sink? The first person to call Bettye Johnson (4410) or Vonda Montgomery (4202) with the correct answers will win a prize.

## **Open Enrollment Computer Assistance Schedule**

**Where:** LCH Computer Lab

**When:** By Scheduled Appointment

**Available Dates:** October 29; November 1, 5, 7, 8, 9, and 15.

**Available Times:** 6:30 a.m. to 5:00 p.m.

Call Kathy Scott at 4319 to make an appointment or to get more information.



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## It's the 3rd Annual Clean Out Your Cupboard Food Drive!!

